

1. Skipping in rhythms.
 2. Posture walking.
 3. Angle bend - A's
swing to fly.
 4. Leg balance exercise.
 5. High st. - T. bending
alt. lt. + rt. (4)
 6. Bh. by. - Scissors kick
 7. Prone by. - Ch. + A's
lift 'g.
 8. Bh. by. - Head lift 'g.
 9. Hanging - Bars.
- Jump 'g on + off bar.
-

POSTURE.

APRIL 6.
~~1944~~

R.D. SH.

KN. ST. - A's *swing'g* head rt. + lt.
ELBOW ST. - SH. *rolling* back.

LORDOSIS.

DEEP KN. BEND 'c + STRETCH 'g.

LONG. SITT. - ROLL 'c BACK W. HORSE.

BR. LY. - H.D. + KN. LIFT 'b + LOWER 'c.

1. Shifting.
2. Walking - deck len. bending
3. Hk. M. st - elbows back.
4. X + str. punch - hands
elbow overhead.
5. Square swing.
6. St. . T. slapping +
stretching
7. 'S' str. st. - Bending
st. + lt.
8. Long intt. - T. spring 'g
+ A's stretch 'g overhead
9. Dh. by. - Ad. lift 'g +
hanging.
8. Dh. L by. - knee to str. +
together.
- Run to bars. Stretch 'g

D.L. - HEAD BEND 'G FORW. W. ALT.
KN. LIFT 'G.

(NECK)

B.L. - ALT. KN. LIFT'G + STRETCH'G
W. HELP OF HANDS.

COMB.

HEAD BD'G FOR'D W. ALT. KN. LIFT'G
(HDS. GRASP'G KN.) + T. BEND'G DOWN'D
TO GRASP ANKLES W. ARM BD'G FOL.
BY T. RAIS'G W. CH. L. W. ARM
STETCH'G SLOWLY OVER HEAD,
SIDEN, DOWNW.

GRASP HOOK DOWN SITT. - CH. LIFT'G.

S.

GRASP $\frac{1}{2}$ HOOK LY. HEAD 3D'G FORW'D
ALT'G W. CH. LIFT'G.

ARM SIDE B.L. - HEAD BD'G FOR'D
ALT'G W. CH. LIFT'G.

FRONT LY. - LEG. + CH. LIFT'G W.
ARM RAIS'G SIDEW.

S.



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